

Microneedling

PRE- AND POST-CARE INSTRUCTIONS

HOW TO CARE FOR YOUR SKIN

- Reapply sunscreen one to two times throughout the day.
- Post-care products will be provided to you post-treatment along with an explanation on best practice for use of them.
- Please avoid hot showers, saunas, hot yoga, steam baths, hot tubs, tanning beds or sun exposure, as this can lead to damage to the new, sensitive skin, along with the potential of causing additional pigmentation to the skin, redness or swelling.
- Apply a UV-A/B sunblock with an SPF of 30+ one to two times a day when indoors and outside.
- The day following treatment you may gently cleanse the skin. Do not use anything abrasive or exfoliating such as a Clarisonic™ or washcloth. Water and your hands will do the best job. You will need to cleanse the skin every morning and night.
- After 24–72 hours post treatment, you may use makeup.

WHAT TO EXPECT

- There may be a burning sensation for one to two hours after treatment. Clean ice packs may be used to cool down your skin.
- Pinpoint bleeding is a normal skin reaction on the day of the treatment. Dab with clean cotton pads to stop the bleeding.
- There may be some crust formation one to two days after a treatment; this is a normal process. Do not pick or peel any of the crusted or dry areas on the skin as this can lead to scarring or additional pigmentation.
- Do not forcibly scrub, and never use scrubbing agents or exfoliants during the healing process.
- Avoid using alcohol-based cosmetics for at least two weeks after the treatment.
- Avoid vigorous activity, exercise and saunas for at least the first week post treatment.
- You may resume skincare once the skin is completely healed and there is no additional swelling, redness, irritation or crusty/dry skin remaining in the treatment area. Until this point, do not use any skincare besides what is discussed during your appointment. This includes no retinols, vitamin c, alpha hydroxy acids or anything else.

MAINTENANCE



Done in a series of three to six treatments, followed by quarterly or biannual upkeep. This will help to best maintain and ensure the longevity of your results.

QUESTIONS

If you have any questions or concerns, do not hesitate to contact Springfield Clinic. We are here to help in any way possible!

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PEORIA HEIGHTS